

Healthy Eating Makes the Grade ACTION UPDATE

October 2011

MUSIC	Cv	Cv		Cv	Cv
PHYSICAL EDUCATION					
ARITHMETIC	A-	A-	A-	B+	A
Level of instruction					
Understands the meaning of numerals	+	+		+	+
Knows and uses number facts	+	+		+	+
Solves problems by reasoning	+	+		+	+
LANGUAGE	A-	A-	A-	A-	A
Level of instruction					



PART-TIME COORDINATOR HIRED TO SUPPORT ADVOCACY

Welcome **Erin Beagle!**

Erin was hired as the Healthy Eating Makes the Grade (HEMG) Coordinator and will be working 2 days a week at the Red Cross Office on Johnson Street.

Erin can be reached at:
erin.beagle@redcross.ca



Interested in joining a workgroup? More hands and ideas are always welcome! Contact Erin to sign up.

SEPTEMBER 28 MEETING HIGHLIGHTS

The HEMG partnership met on September 28 to share updates from working groups, review the goals of the SPARK advocacy grant and plan for the coming year. Partners also:

- Made plans to set up an online communication forum. Erin and Joel Facca will take the lead. The forum will allow us to stay updated and share information electronically between meetings.
- Welcomed Hammariskjold High School which has initiated a Food Ambassador group and is currently recruiting students and making plans for healthy eating initiatives.
- Reviewed a logic model summarizing the goals, activities and outcomes of the HEMG project, as well as a draft terms of reference for the partnership.

MORE HIGHLIGHTS...

At the September 28 meeting, partners also formed a steering committee to oversee the project and ensure funding accountability. It includes representatives from the working groups, (school gardens, school food ambassadors, healthy food zones) and key partners. The Steering Committee will meet for the first time in early November.

SAVE THE DATE!

Let's keep the momentum going on our action plans. Mark your calendar for the next partnership meeting on **Wednesday, February 15 from 12:30 to 3:30 pm.** More details to come.



**HEART & STROKE
FOUNDATION
OF ONTARIO** *This project was made possible through funding from the Heart and Stroke Foundation.*



GREAT THINGS HAPPENING WITH YOUTH FOOD AMBASSADOR GROUPS

Superior CVI's *Food for Thought* committee held a school-wide "walk, talk and banana eating event" to music. The weekly salad bar is starting up again and test runs for a smoothie bar have been operated along side the salad bar. Teachers at **Superior CVI** are also being encouraged to offer alternatives to food rewards in their classrooms.

The **Churchill CVI** group is still going strong. They surveyed students to gather information for their activities and extended the reach of the school breakfast program with a cart that delivers healthy choices throughout the school.

Hammaraskjold High School has just started the *LiveSmart* initiative. Their first salad bar day served 95 students with fresh and delicious salad!

A retreat for high schools starting student ambassador groups is planned for November 30 from 12:30—3:00 p.m. Students and staff will discuss project ideas, gain skills in advocacy and get inspired for the school year.

All high schools have been invited to start a group.

For more details, contact Karling at:
Karling.zaporzan@tbdhu.com

MAKING CONNECTIONS TO SUPPORT SCHOOL GARDENS

Great news: School-based daycares are interested in partnering on school gardens!

The next steps involve creating a garden inventory and meeting with garden champions to share supports, challenges and activities related to curriculum.

A "garden meeting" will take place on October 31 to discuss how school gardens are currently run and what other supports are needed to expand school gardens to more schools and sustain existing gardening initiatives.

If you would like more details, contact Janice at:
Janice.piper@tbdhu.com



NEW LOCAL RESOURCE: HOW TO START A SLOW FOOD PROJECT IN SCHOOLS

A guide on developing food focused projects in schools, with a Slow Food philosophy (Good, Clean and Fair food for all) has been developed by the local Slow Food Superior organization.

This guide features practical steps to starting, fundraising, and finding resources to start such projects, and highlights local school projects that have a Slow Food flavour.

To get a copy, contact:
info@slowfoodsuperior.org
or borrow one from the Health Unit library.

HEALTHY FOOD ZONES AROUND SCHOOLS LOOKING TO EXPAND

This working group is reaching out to interested contacts in school administration, city planning and vendors to involve more stakeholders in strategizing to increase healthy food choices near schools.

The group is researching food zones in our community as well as how other municipalities and food contractors are addressing these issues.

For more details, please contact Catherine Schwartz-Mendez at:
Catherine.schwartz@tbdhu.com



WE MADE THE NEWS!!

The Healthy Eating Makes the Grade project was officially launched at a news conference on October 26. The Superior CVI salad and smoothie bar made a fitting backdrop for promoting our initiative. Major media outlets provided great coverage of the event featuring students and partners.

FOOD IN SCHOOLS: A GLOBE AND MAIL SERIES

The Globe and Mail recently featured an interesting week-long series on food in schools. Visit TheGlobeandMail.com and search these articles:

- Teaching food literacy, one school lunch at a time (Oct 7)
- Feed a student, feed the future (Oct 9)
- Farm-to-school program boosts health of students and food economy (Oct 10)